

We claim:

1. A method of relieving a headache in a patient comprising the steps of:

mounting a non-invasive nerve stimulation device onto the  
5 ventral side of the wrist;

generating a stimulation signal; and

delivering the stimulation signal to the ventral side of the  
wrist.

10 2. A method of relieving a headache in a patient comprising the steps of:

mounting at least one electrode onto the ventral side of the  
wrist;

generating a stimulation signal; and

15 delivering the stimulation signal to said at least one  
electrode to stimulate the ventral side of the wrist.

3. The method of claim 2 wherein said mounting step includes  
providing a wristwatch-like housing carrying the electrodes, and  
20 providing securing means for mounting the housing onto the wrist,  
with the housing having a circuit means for generating the  
stimulation signal encased within the housing.

4. The method of claim 2 wherein said delivering step comprises delivering an intermittent stimulation signal.

5. The method of claim 2 wherein said delivering step comprises  
5 delivering a continuous stimulation signal.

6. A method of relieving a headache in a patient by stimulating the median nerve and associated nerve structures in the wrist of the patient with electrical energy.

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7. A method of relieving a headache in a patient comprising the steps of:

applying an electro-acupuncture device to the wrist; and  
stimulating the wrist with the electro-acupuncture device.

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8. A method of relieving a migraine in a patient comprising the steps of:

mounting a non-invasive nerve stimulation device onto the  
ventral side of the wrist;

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generating a stimulation signal; and

delivering the stimulation signal to the ventral side of the  
wrist.

9. A method of relieving a migraine in a patient comprising the steps of:

mounting at least one electrode onto the ventral side of the wrist;

5 generating a stimulation signal; and

delivering the stimulation signal to said at least one electrode to stimulate the ventral side of the wrist.

10. The method of claim 9 wherein said mounting step includes  
10 providing a wristwatch-like housing carrying the electrodes, and providing securing means for mounting the housing onto the wrist, with the housing having a circuit means for generating the stimulation signal encased within the housing.

15 11. The method of claim 9 wherein said delivering step comprises delivering an intermittent stimulation signal.

12. The method of claim 9 wherein said delivering step comprises delivering a continuous stimulation signal.

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13. A method of relieving a migraine in a patient by stimulating the median nerve and associated nerve structures in the wrist of the patient with electrical energy.

14. A method of relieving a migraine in a patient comprising the steps of:

applying an electro-acupuncture device to the wrist; and  
stimulating the wrist with the electro-acupuncture device.